



## **Casseroles: Easy and Low Cost**

If you have used the packaged hamburger casserole mixes, you will be pleasantly surprised at the delicious flavor this casserole has—it's less salty, and low cost, too! It's easy to vary this recipe, too, just to add interest, as well as good nutrition—you may want to sprinkle a little grated cheese on top just before serving. Another variation you could try might include adding a few frozen vegetables to the mixture—for example, 3/4 cup frozen corn—at the same time the macaroni goes in. The color and texture variety add a little fun—and you've added vegetables to your day!

For recipes: Contact your county extension office in Kansas or visit the website at [www.kidsacookin.ksu.edu](http://www.kidsacookin.ksu.edu)

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